**Tendli Bhat (Ivy Gourd Rice)**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 1 cup cooked rice (preferably hand-pounded rice)
* 1½ cups tendli (ivy gourd), thinly sliced
* 1 green chili, slit
* ½ tsp mustard seeds, ½ tsp cumin
* ¼ tsp turmeric
* ½ tsp goda masala (or garam masala)
* Salt to taste
* 1 tsp oil
* Coriander for garnish
* 1 tbsp grated coconut (optional)

**Instructions:**

1. Heat oil in a pan. Add mustard, cumin, and green chili.
2. Add sliced tendli and turmeric. Stir and cook covered for 7–8 minutes until soft.
3. Add salt and goda masala. Mix well.
4. Add cooked rice and toss gently to combine.
5. Garnish with grated coconut and coriander.
6. Ideal with plain curd or kokum kadhi.